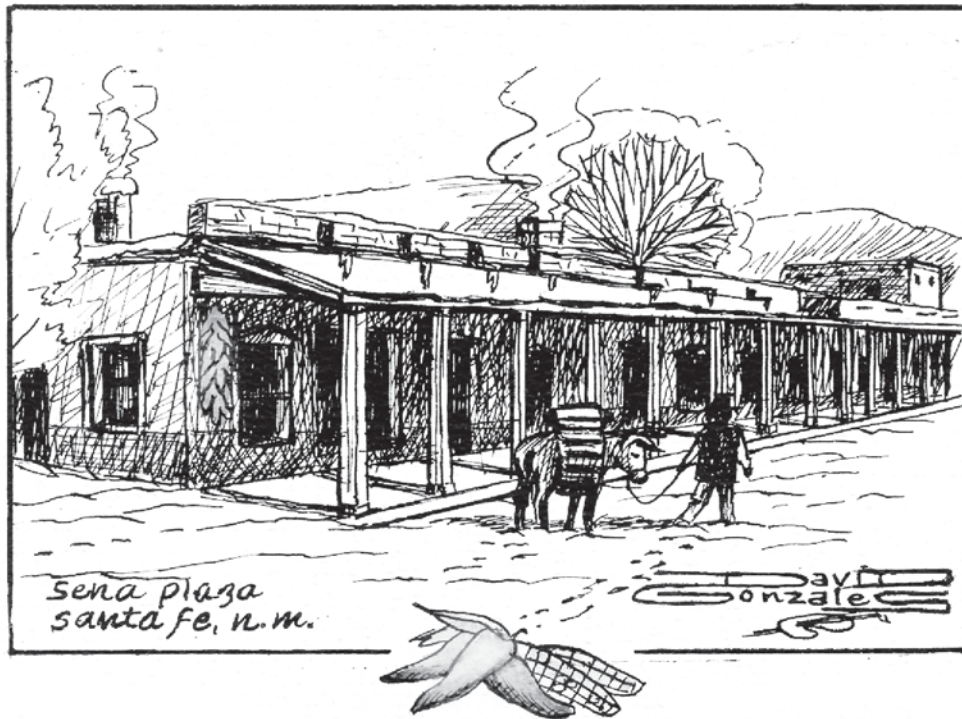


September 2005

The Senior Scene Vistas De Los Mayores

City of Santa Fe
Division of Senior Services



a complimentary monthly publication

CITY OF SANTA FE
DIVISION OF SENIOR SERVICES
Administration Office
1121 Alto Street, Santa Fe, New Mexico
Patricia Rodriguez, Director

Administration

Patricia Rodriguez, DSS Director	955-4799
Ron Vialpando, DSS Assistant Director	955-4710
Mary Dean, Administrative Supervisor	955-4777
Cristina Villa, Administrative Secretary	955-4733
Gloria Polaco, Program Secretary	955-4721
Sadie Marquez, Reception	955-4741
Bonnie Martinez, Reception	955-4741

Nutrition

Ron Vialpando, DSS Assistant Director	955-4710
Lugi Gonzales, Program Administrator	955-4711
Yvette Sweeney, Administrative Assistant	955-4739
Carlos Sandoval, Inventory Supervisor	955-4749
Enrique DeLora, Inventory Technician	955-4750

Meals On Wheels

Juan Apodaca, Program Supervisor	955-4748
Robert Duran, MOW Assessments	955-4747

Senior Center Programming

Lupita Martinez, Center Prog. Admin.	955-4725
Christine Sanchez-Warren, Prog. Coordinator	955-4715

Foster Grandparent/Senior Companion Program

Melanie Montoya, Volunteer Prog. Admin.	955-4761
Louise Kippert, FGP/SCP Admin. Secretary	955-4744

Retired Senior Volunteer Program (RSVP)

Kristin Slater-Huff, Program Coordinator	955-4760
Cristy J. Montoya, Secretary	955-4743
Patricia Moeller, Senior Services Clerk	955-4735

In Home Support Services, Respite Care
Homemaker, Non-Medical Personal Care

Theresa Gabaldon, Program Supervisor	955-4745
Katie Ortiz, Clerk Typist	955-4746

Senior Olympics/Health Promotion

Carmen Chávez-Luján	955-4754
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Senior Registration

Brenda Ortiz, Database Specialist	955-4722
Connie Valencia, Support Staff	955-4734

Transportation**Ride Reservations** **955-4700**

Robert Chavez, Transportation Manager	955-4738
Fran Rodriguez, Transportation Dispatcher	955-4702
Linda Quesada, Administrative Secretary	955-4756

Miscellaneous

Lobby Area	955-4735
Craft Room	955-4736
Pool Room	955-4737
Senior Olympics Meeting Room	955-4740
FAX Machine - Administration	955-4797
FAX Machine - Nutrition	955-4794
Conference Room	955-4757

Newsletter Production

Kristin Slater-Huff, Editor	
Valerie Chelonis, Graphic Artist	

CITY/COUNTY SENIOR CENTERS - For meal times, please call centers.

CHIMAYO	351-4686	PASATIEMPO	
Benny Chavez Community Center		Kitchen	955-6433
Chimayo, New Mexico 87522		664 Alta Vista St.	
EDGEWOOD	281-2515	Santa Fe, New Mexico 87501	
114 Quail Trail		RIO EN MEDIO Community Center	988-3053
Edgewood, New Mexico 87015		El Alto Lane	
EL RANCHO Community Center	455-2195	Rio en Medio, New Mexico 87506	
P.O. Box 3860		SANTA CRUZ	753-8598
Santa Fe, New Mexico 87501		Abedon Lopez Community Center	
ELDORADO	No Phone	Santa Cruz, New Mexico 87567	
1 Hacienda Loop		VENTANA DE VIDA (Pacheco)	955-6731
Santa Fe, New Mexico 87505		1500 Pacheco St.	
LUISA	955-4717	Santa Fe, New Mexico 87505	
Kitchen	955-6898	VILLA CONSUELO	474-5431
1522 Luisa St. (enter from Columbia St.)		1200 Camino Consuelo	
Santa Fe, New Mexico 87501		Santa Fe, New Mexico 87505	
MARY ESTHER GONZALES	955-4721		
1121 Alto St. Santa Fe, New Mexico 87501			
MEG Kitchen	955-4751		

DIRECTOR'S REPORT

September 2005

Dear Seniors:

Congratulations Rose!

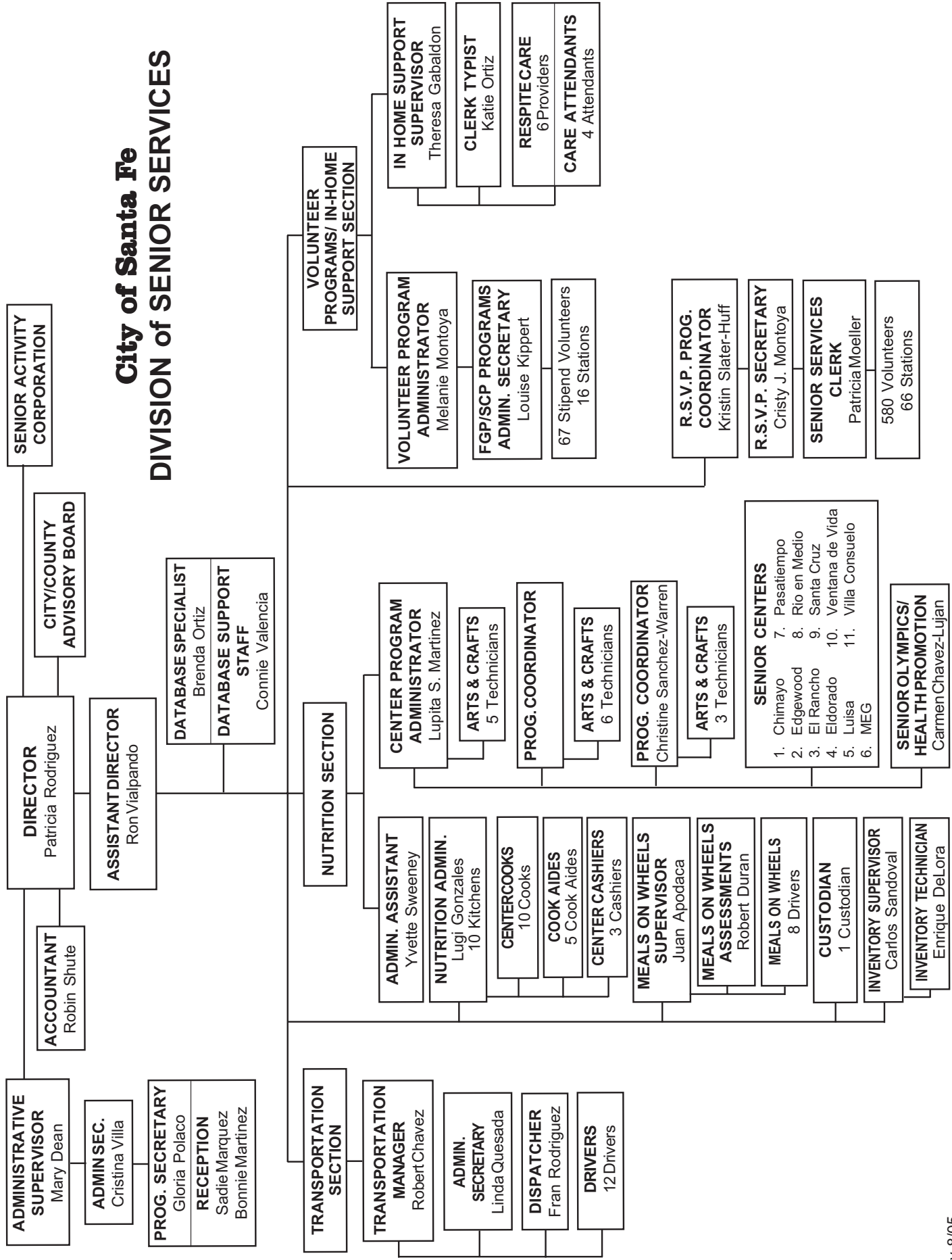
After 25 years of dedicated service to the senior community, Rose Slade is officially retiring effective October 1, 2005. What an accomplishment.

On behalf of those seniors whose lives you've touched through your efforts and compassion, we sincerely thank you, and wish you all the happiness in your future endeavors. Peace, love and prayers be with you!



May God Bless You All,
Patricia Chavez-Rodriguez, DSS Director

Patricia



SENIOR SERVICES PROGRAM INFORMATION

Do you have a Senior Center Membership ID Card?

Anyone who makes use of the programs, transportation, activities or meals provided by the Division of Senior Services should have a Senior Center Membership ID Card. The card is white with the senior's photograph, emergency contact, medication information, and a barcode. The barcode enables us to scan the card when we provide services, so that we can continue to receive funding for our programs. So, it is vital for seniors to get a card and have it each time they use any Senior Services program.

If you do not have a card, please come get one. The card only costs \$2 and \$1 if you lose your card or information needs to be updated.

If you have any questions, please call Brenda Ortiz at 955-4722.

According to the Older American's Act a person **must be 60 years of age or older** in order to be eligible to receive services from a senior program.

The following criteria or exceptions must be met:

1. Be sixty (60) years of age or older; and/or
2. Be the legal spouse of a member sixty (60) years of age or older; and/or
3. Be disabled and living in senior housing- regardless of age (for congregate meals service only), and/or
4. Be an active, registered Retired and Senior Volunteer (RSVP) age 55 or older;
and must
5. Be an enrolled member of the DSS, having obtained a Senior Center Membership I.D. Card.

For individuals who currently possess a Senior Membership I.D. Card, but no longer meet the above eligibility criteria, please contact Brenda Ortiz at 955-4722.

THE FOLLOWING IS THE SENIOR ID SCHEDULE FOR AUGUST 2005

M.E.G. Center	Tuesdays	September	6, 13, 20 & 27	9:30 to 12:00 & 1:30 to 3:00
M.E.G. Center	Thursdays	September	1, 8, 15, 22 & 29	9:30 to 12:00 & 1:30 to 3:00



SENIOR TRANSPORTATION INFORMATION

Cost: Seniors age 60 or over .25¢ suggested donation per one way trip
Under 60, but ADA \$2.00 required per one way trip

Scheduling: Call for an appointment 24 hours in advance, before 3:00 p.m.
Rides are available 8:00 a.m. to 2:30 p.m. Tuesdays,
and 8:00 a.m. to 4:30 p.m. Mondays, Wednesdays, Thursdays, and Fridays,

Call: Fran Rodriguez, Transportation Dispatcher at 955-4700

Note: Drivers may arrive up to 15 minutes before or after scheduled pick-up time.

September Schedule:

Monday, Sept. 5, there will be no rides due to Labor Day.

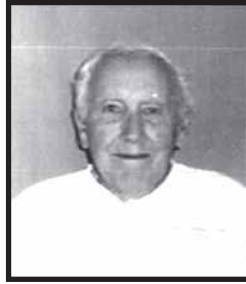
Friday, Sept. 9, rides are available 8:00am to 11:30am, due to Fiestas

Tuesday, Sept. 13, rides are available 8:00am to 11:30am, due to staff training

Tuesday, Sept. 20, rides are available 8:00am to 11:30am, due to staff training

They will be missed...

Kenneth Dustan Adam, age 88, passed away at his home in Eldorado on July 26, 2005. He was born in Oakland, CA and lived in the Bay area until he moved to Santa Fe in 1973.



He was President of the Adam-Hill Company in San Francisco, President of the South San Francisco Club and founder of the Mechanical Power Transmission Association. He was a lifetime member of the Sierra Club and the American Alpine Club, and was an avid rock climber, skier, hiker and lover of the outdoors. He made several first ascents in Yosemite and the Sierra Nevada and participated in the Sierra Club's 1936 expedition to Mount Waddington in British Columbia. Upon retirement, he took a 500-mile trek across eastern Nepal to India. He led many trips for the Santa Fe Sierra Club.

He was a very active member of the Eldorado Community Center. He and his wife Patty recently had the soon to be built Eldorado Senior Center named after them, in recognition of all their work for the welfare of seniors in their community.

He is survived by his wife, Katherine (Patty) Adam; four children, ten grandchildren and nine great-grandchildren.

Senior Center Closures

All Senior Centers will be closed on Monday, **September 5th**, in observance of Labor Day. There will be no transportation, congregate meals, or Meals on Wheels services that day.

All Senior Centers will be closed at noon on Friday, **September 9th**, in observance of Fiestas. There will be Meals on Wheels, but no congregate meals. Transportation will run from 8:00 to 11:30.

Mabel Ruth Pippin

Meyer, was born on a cold day, February 20, 1913, in a farmhouse near Ladysmith, Wisconsin. She was premature by 2 months. Her "incubator"



was a cigar box lined with cotton that had been soaked with olive oil. She was placed on the back of a wood burning stove. She survived with a strong will to live and a very strong heart.

Her young years were spent in Minneapolis. From there she moved to South Dakota where she married Bert Meyer and together they raised a family of seven children. They moved to California to be near their grown children and then when her husband died she moved to Santa Fe to live near her oldest son, Clay. When she was 91 she moved to Hawaii to live in her daughter Rose's home.

Her life was devoted to God, her family and her friends. She especially loved children and in her senior years became a kindergarten grandma (Foster Grandparent Program volunteer). "We often joked about when she was going to graduate from kindergarten," her children said, "because she continued this work until she was 90." We celebrated her 90th birthday with the teachers and students with an ice cream cake. The students had decorated the classroom and each made a special card for her. That was the last day she worked with them on their lessons." She loved going to school on the bus, helping these children, and they loved her in return. She made everyone feel special no matter what their lot in life.

People everywhere always comment on her beautiful spirit. She was a wonder mother, a gracious lady and a friend to all. Her memory will live on in our hearts.

Mabel's son, Clay, asks that her memory be instrumental in encouraging others to become Foster Grandparents as she was. For more information, please call Melanie at 955-4761.

NEWS & VIEWS continued



This important annual event is hosted jointly by the City of Santa Fe Division of Senior Services, St. Vincent Regional Medical Center, Santa Fe Community College, and Santa Fe County.

The goal for this health fair is to make residents of Santa Fe and Northern New Mexico aware of the many resources available in our community. There will be free screenings, services and valuable information regarding health and safety. They will also offer entertainment, snacks, giveaways, transportation and plenty of free parking.

This year's event will be on Friday, September 16 from 9:00 to 4:00 at the Santa Fe Community College, in the main building.

For more information, call Carmen at 955-4754.



SAFE DRIVING CLASSES

Sign up for AARP's 55 Alive Defensive Driving Classes. These mini-courses meet for two half-days (from 1:00 to 5:00 p.m.) to go over safety tips for seniors on the road. Many insurance companies in New Mexico give discounts to individuals, age 55 or over, who take the course. You must attend both days to complete the course and obtain a certificate. The fee is \$10, to cover materials.

To register, call Herb Harris, Assistant State Coordinator for 55 Alive, at 471-7043. The following course will be held at the MEG Senior Center:

Tuesday, November 15 and Thursday, November 17



Pina & Don Leffelbein

Eldorado Couple Meets at Senior Center, Marries

One Wednesday afternoon in May, 2004, Pina Heirezi of the Eldorado Senior Center noticed what she took to be a married couple coming to have lunch there for the first time. She welcomed them warmly, in her usual manner, showed them to "the best table in the room" and gave them a big smile. After a few moments of polite conversation in which she learned that they were indeed new to Eldorado, the man, Don Leffelbein, said "This is my sister, not my wife. I am single". With quickening heart, Pina answered "Oh, I am single, too!"

The two became friends and saw each other each Wednesday at the Eldorado lunch. Finally in November, Don invited Pina to dinner. When she arrived, one of the first things he said was "You know, I am going to marry you." She took it as a lovely joke. They began dating and by December, he said to her grown children "You know, I love your mother and I am going to marry her."

Well, on July 16, 2005, they did get married. The ceremony was held at Emanuel Lutheran Church in Santa Fe before their families and a few close friends. The matron of honor was Pina's daughter, Anna, the best man was Don's son Roy, and Pina's son-in-law walked her down the aisle to marry the man who proved true to his word.

Best wishes, happiness and love toward this Eldorado Couple. May you enjoy your lives as one.

NEWS & VIEWS continued

What Are Good Manners Anyway

(From onlineplaygroup.com)

This world would be a much more pleasant place if courtesy were prevalent. When delivered with kindness and consideration, our words and actions are better received. When we treat others well, we feel better about ourselves, our lives, and those around us. Most importantly, we contribute to the happiness of those around us rather than offending them or hurting them. Polite behavior allows us to make and keep friends more easily. In fact, good manners make all relationships better including those with family members, teachers, bosses and colleagues.

- Be nice to people.
- Say "Please" when you ask for something.
- Say "Thank you" when you are given something.
- Say "You're welcome" when someone thanks you.
- Greet people when you see them.
- Look at people when you talk to them.
- Don't interrupt when other people are talking.
- Share with others
- Help people.
- Let guests go first.
- Be on time, especially if you are meeting someone.

The gift of kindness and consideration is one that cannot be measured easily.

Archives Yield History

(By Edgewood Senior Simon Arzigian)

At Christmas time the gifts I received included two paper backs about my home town of Lawrence, Massachusetts. The books contained only photographs, from the city archives, with brief descriptions attached. Looking through those photos I recognized a number of the places depicted. These were buildings of various kinds and streets that I had known when I lived there for over



twenty years. Those photos brought back many, mostly pleasant memories.

Some of these are related below. One of the photos is of a swimming pool, built in 1922, the first pool in the city. The pool was within a large play ground, which was only a few blocks from our tenement house. The county jail was next to the play ground. It was great having a pool so close to home during hot summer days. The pool is now gone.

One day, while playing ball in the playground, the ball was hit over the nearby jail fence. I had to retrieve the ball. I was the "outfielder," and we had only one ball, so I climbed over the jail fence ok, threw the ball out, and started to climb out. Near the top my leg snagged the barbed wire, tore my pants, and got a not too serious cut on my leg. Thinking back on that incident, it evidently did not seem to be a concern that climbing over a jail fence could be a problem.

A photo of the tallest building at that time brought back memories of the Japanese attack on Pearl Harbor on December 7, 1941. On that day that building was the object of a spectacular fire. Since we lived within a few blocks of the burning building, we had gone to view the fire fighting effort. Returning home we turned on the radio and for the first time heard about the Japanese attack. Six months later, in June 1942, I was in the army, and in less than another year I was in Algeria preparing for the landing in Italy, in September 1943.

There is a photo of my high school. Built in 1901, and enlarged several times, it still stands today. According to the photo caption Robert Frost the poet was a graduate.

The building was later moved and became a center for the Lebanese community. I am happy to know that Lawrence has an active archive program which collects and preserves the history of the city. The two publications have given me much pleasure in being reminded of so much of my life in Lawrence. The local radio station used to call Lawrence "the friendliest city in the U.S."

NEWS & VIEWS continued

"If you wish to live long you must be willing to grow old." George Lawton
(From *Old Age is Not for Sissies*)

ECHO Commodities Food Distribution

At the County Extension Building.
3229 Rodeo Rd.

Third Tuesday of every month

9:30 a.m. - 1:30 p.m.

Next Distribution September 20.

Call 505-242-6777 for more information.



Blessings of Age Conference

You are invited to attend the third annual Blessings of Age Conference on Senior Spirituality. It will be held at Santa Maria de la Paz Catholic Community at 11 College Avenue (2.5 miles south of Rodeo Road, off Richards Avenue) on Tuesday, September 20, 8:30 to 1:00.

Sister Maria Huber will present a program on "The Spiritual Gifts of Aging" and she will encourage audience participation to share personal experiences.

There is no charge for the program and there will be a free lunch. For reservations or more information, call 982-5212 or 989-9668.

September Plaza Events

September 8th

Burning of Zozobra

September 10th

Santa Fe Pet Parade

Parking alternative:

Take a Santa Fe Trails bus.

From the south side of town,

park for free at Santa Fe Place

(formerly Villa Linda Mall)

behind JC Penney and take a shuttle bus. From the

north side of town, park for free behind Albertson's

at DeVargas Mall and take a shuttle bus. Adults pay

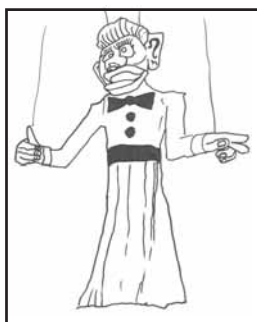
only \$1.00 each way. Seniors (59+) and youth (6-

17) pay only .50¢ each way. The buses will run every

15 minutes, approximately one hour prior to the start

of the event, and up to one hour after the event ends.

Call 955-2001 for details.



Pen Pals to Malawi

We are inviting seniors, if interested, to be pen pals for friends in Central Africa. This would have you writing one letter per month sharing about yourself—your joys, losses, memories, culture, etc. In return, your "pen friend" from the country of Malawi will share about his or her life. For many people in Malawi, having a pen pal from the United States is like a dream come true.

For more information, contact returned Peace Corps Volunteer Lori Moody at 986-9152. Thank You!

United Blood Services Blood Drive



The City of Santa Fe needs more heroes! Please come give blood at a blood drive on Tuesday, September 13 from 9:00 to 3:00 at the Sweeney Convention Center 201 W. Marcy St.

For more information, log on to www.unitedbloodservices.org or call Debbie at 955-6405.

Southside Library Groundbreaking

We would like to extend an invitation to attend the Groundbreaking Ceremony for the Southside Library which will be held on Wednesday, September 14 at 9:30 a.m. at the corner of Jaguar Road and Country Club.

School children will join with Mrs. Barbara Richardson and Mrs. Angie Delgado, Honorary Chairs to start the festivities.

Music and refreshments will be provided!

Snappy Seniors

(From Leaving a Legacy to the Next Generation-SCP)

On her 120th birthday, Jeanne Calment was asked to describe her vision of the future. "Very brief." She answered.

Another woman of advanced age was asked what she thought was the benefit of living to age 102. After a pause, she quipped "No peer pressure!"

NEWS & VIEWS continued

Collect & Record Lullabies from all Cultures

Volunteer to become a part of this wonderful project! Interested souls from all over have gathered to collect and record lullabies from every culture and in every language that they can. So far, they have 600 lullabies in 85 languages, and they would like many more (even repeats of ones they have because they find that each person sings them differently).

They are putting together CDs of the songs and the singer's personal memories or history with the lullaby. They are making the CDs available to ethnomusicologists for research purposes and to add to musical archives. The CDs are also being given to hospital children's wards, Alzheimer's treatment centers, hospice providers, special needs children, and other facilities whose patients might benefit from them.

How can you help? You can sing a lullaby that has special memories for you (you do not need to have a professional singing voice, or even a particularly "good" voice). You can help with the project's book keeping, or lend your audio technology experience for the actual recordings. Or, you can help them locate singers and songs.

Volunteer singers will receive a CD of their own voices singing and sharing reflections about the lullaby.

For more information, call Anita at 670-1193.

AARP Widowed Person's Service Meeting

The next AARP WPS meeting will be on Sunday, September 11th at 1:30 p.m. at Ponce de Leon Retirement Community, at 640 Alta Vista St. The gathering will consist of a luncheon prepared by the chefs at Ponce, followed by an interesting, relevant speaker. As always, all widows and widowers are welcome to attend.

The September speaker will be Miriam Sagan, Santa Fe author of The Widow's Code, as well as several books of poetry and reflections. She will discuss marriage, widowhood and her own experiences.

To reserve your space for lunch, please call Annie at 982-3775.

Art History Classes

The Center for Contemporary Arts, at 1050 Old Pecos Trail, is offering Art History Classes for Busy Adults: Modernism in a Brown Bag.



This six-week brown bag lunch seminar will focus on the history of Modernism and will be presented by writer, independent curator, and art historian Kathryn M. Davis. This is a class for busy people and there are no papers to write, no exams to take, and it will be taught in an informal but stimulating environment. Participants bring their own lunches.

The class will be Wednesdays from 12:00 to 1:30, September 14 through October 19. The fee is \$100 for CCA members and \$125 for non-members.

For more information, call CCA at 982-1338.

Employment Opportunity for a Senior

Part-time office help for a small art business, in a very casual environment. Payables/receivables filing and misc. errands (must drive car).

For more information, call 984-0118.

Free Consumer Debt/Bankruptcy Workshop

Changes to bankruptcy laws take effect on October 17, 2005. See where you stand ahead of time. This free workshop will include a one-hour presentation by an attorney, an open question and answer period, and one-on-one consultations with an attorney.

This is a public service to educate people on Consumer Debt, Bankruptcy and Family Law issues, and the resources available to meet their legal needs. It is sponsored by the State Bar's Public and Legal Services Outreach program and the Bankruptcy Law Section with funding from the New Mexico Civil Legal Services Commission.

This workshop will be held Wednesday, September 7th 6:00 to 8:00 p.m. at the Santa Fe Public Library, LaFarge Branch on 1730 Llano St. in Santa Fe.

For more information, call 1(800) 876-6227.

NEWS & VIEWS continued

Founder of U.S. Cohousing Movement to Visit Santa Fe

Charles Durrett, architect and founder of the cohousing movement in the United States, will visit Santa Fe for a slide show and a workshop, September 16 and 17. He will share his research and discuss his new book Senior Cohousing: A Community Approach to Independent Living.

Cohousing reestablishes genuine neighborhoods. Residents are brought together by physical design that encourages personal contact and participatory governance, come together to share some meals and participate in many common activities and projects. Residents enjoy the benefits of both community and privacy in their home. More than 90 cohousing communities are in place in the U.S. and 100 more are forming.

On September 16, from 7:00 to 9:30 p.m. there will be a slide show and Q & A at the Unitarian Universalist Church at 107 Barcelona St. A \$5 donation is requested. On September 17, from 9:00 a.m. to 12:30 p.m., there will be a workshop at the Santa Fe Area Homebuilders Association at 1409 Luisa St., Suite A, for \$25 (although scholarships are available).

This event is sponsored by Jubilados, a Santa Fe non-profit which offers conscious aging education and is working to develop an affordable, elder intentional cohousing community in Santa Fe where residents will care for each other, the larger community, and the earth.

For more information, call Margaret Gray at 982-5639.

Think about it...

Fear less, hope more;
Eat less, chew more;
Whine less, breathe more;
talk less, say more;
Hate less, love more;
and all good things are yours.
-Swedish proverb



Santa Fe Trails Half-Fare Cards

Are you 60 or older?

Are you any age with a physician-verified disability?

Do you receive Medicare?

Do you currently participate in the Job Access Reverse Commute (JARC) Program (formerly Welfare-to-Work)?

Do you ever ride Santa Fe Trails' buses?

Do you like paying only \$1 roundtrip?

If you do ride the bus—every day or just once in a while, do you dislike fumbling for the various types of identification that proves that you are: a senior; that you receive Medicare; or are disabled?

If you answered YES to any of the above, there's GOOD NEWS! Beginning January 3, 2006, the only ID needed to board the bus and receive the \$1 roundtrip pass is one convenient Half-Fare ID card.

Santa Fe Trails' staff will tell you all about it and issue your new, free Half-Fare ID card at the meetings at each Senior Center during September:
Mary Esther Gonzales: Wednesday September 14th from 10 a.m. until 2 p.m.

Ventana de Vida: Monday September 19th from 11 a.m. until 1 p.m.

Villa Consuelo: Monday September 26th from 10 a.m. until noon

Pasatiempo: Wednesday September 28th from 11 a.m. until 1 p.m.

Luisa: Friday September 30th from 10 a.m. until 12:30 p.m.

Don't worry if you miss one of the September meetings. Stop by the Santa Fe Trails' main office at 2931 Rufina Street any weekday September 12th through December 30th from 8 a.m. until 5 p.m. to receive your new card.

It's Your Path to Freedom—from too many forms of ID!

If you have any questions, call 955-2001.

LEGAL & CONSUMER INFORMATION

Fair Debt Collection

(From the Federal Trade Commission's *Facts for Consumers*)

What debts are covered?

Personal, family, and household debts are covered under the Fair Debt Collection Practices Act. This includes money owed for the purchase of an automobile, for medical care, or for charge accounts.

Who is a debt collector?

A debt collector is any person who regularly collects debts owed to others. This includes attorneys who collect debts on a regular basis.

How may a debt collector contact you?

A collector may contact you in person, by mail, telephone, telegram, or fax. However, a debt collector may not contact you at an inconvenient time. A debt collector also may not contact you at work if the collector knows that your employer disapproves of such contacts.

May a debt collector contact anyone else about your debt?

If you have an attorney, the debt collector must contact the attorney, rather than you. If you do not have an attorney, a collector may contact other people, but only to find out where you live, what your phone number is, and where you work. Collectors usually are prohibited from contacting such third parties more than once. In most cases, the collector may not tell anyone other than you and your attorney that you owe money.

What can you do if you believe a debt collector violated the law?

You have the right to sue a collector in state or federal court within one year from the date the law was violated. If you win, you may recover money for the damages you suffered plus an additional amount up to \$1,000. Court costs and attorney's fees also can be recovered. A group of people also may sue a debt collector and recover for damages up to \$500,000, or one percent of the collector's net worth, whichever is less.



Where can you report a debt collector for an alleged violation?

Report any problems you have with a debt collector to your state Attorney Generals Office and the Federal Trade Commission. Many states have their own debt collection laws, and your Attorney General's office can help you determine your rights.

To file a complaint or get free information on consumer issues, visit www.ftc.gov or call toll free, 1-877-FTC-HELP (1-877-382-4357); TTY: 1-866-653-4261. The FTC enters internet, telemarketing, identity theft, other fraud related complaints into the Consumer Sentinel, a secure, online database available to hundreds of civil and criminal law enforcement agencies in the U.S. and abroad.

More Simple Ways to Save Water

(From Water Wise Santa Fe)

Did you know that most indoor water use occurs in the bathroom?



- Regularly check the toilet, because leaks are silent. To find leaks, place a few drops of food coloring in your toilet tank. If the color appears in the bowl within 30 minutes, you have a leak.
- Install an Ultra Low Flush Toilet that uses 1.6 gallons per flush. In the meantime, use a toilet displacement bag or a plastic bottle filled with sand or gravel. Do not use a brick! It can corrode toilet parts. Check for and promptly repair leaks in faucets and pipes.
- Install low-flow showerheads that use 2.5 gallons per minute or less. Limit shower to 5 minutes.
- Keep a bucket in the shower to catch the water before it heats up. Use this water for plants.
- Only wash full loads in the dishwasher and washing machine for efficiency.
- Don't let the water run while shaving, brushing your teeth, or rinsing vegetables.
- Kitchen sink disposals require a lot of water to operate correctly. Start a compost pile instead, and use it to fertilize your garden.

COMMUNITY NEEDS

The following are volunteer positions, and each comes with training and support. If you are interested in any of these exciting opportunities, please call Kristin Slater-Huff in the Retired & Senior Volunteer Program office, at 955-4760. We will enroll you in RSVP, provide you with free insurance, and give you volunteer support through banquets, gifts and mailings while we set you up in the volunteer job(s) of your choice.

Sierra Vista Retirement Community is a small facility with a homey environment for people suffering from Alzheimer's and dementia-related disorders. The staff is very dedicated and knowledgeable, and they could use your assistance. Whether you want to be stationed **in the office to answer phones and assist with paperwork, or you'd prefer to get to know the residents and be involved with projects** with them each week, call us up and we will arrange for you to help out.

H.O.S.T.S. (Helping One Student to Succeed) is a terrific **individual tutoring** program in the Santa Fe Public Schools. As the new school year begins, learn how you can help one student to succeed in school, and, by extension, to succeed in life. It does not take a lot of time to make a profound difference in the life of a young person.



Literacy Volunteers of Santa Fe has intensive volunteer trainings that will prepare you to **teach basic literacy skills to other adults**. Imagine what the world would be like if you were unable to read a menu or a sign, let alone a book. Share the gift of literacy by teaching a small group, or just working one-on-one, whichever you feel most comfortable with.

¡Viva Familia!, formerly Muchas Mamas, is a program of the Santa Fe Rape Crisis Center. This program provides **in-home support for families with newborn infants** and for families that have recently adopted children of any age.

¡Viva Familia! volunteers visit the home once or twice a week for at least three months; provide in-home support that may continue, for up to a year, if needed; provide listening ears and helping hands; prepare meals, go shopping for the family, and perform household tasks as well as hold the baby or spend time with the children) while Mom and/or Dad take a break or do household tasks.

These volunteers are not, however, babysitters. They are trained, compassionate individuals who are committed to working towards healthy families.

Help a child replace a life of hurt with one of hope. Become a **CASA (Court Appointed Special Advocate)** volunteer. More than 250 children from our neighborhoods will be removed from their homes this year because their parents have physically, emotionally, or sexually abused them, or neglected or even abandoned them.

They need someone to make sure they don't get lost in the overburdened child welfare and legal systems; someone to speak up for their best interest; someone to help them find their way to a safe, permanent and loving home. That someone could be YOU.

As a CASA (Court Appointed Special Advocate) volunteer you can be a powerful **voice for these young victims** in state custody. Just a few hours a month can make a huge difference in the life of a child. Can you spare the time?

Advocate training starts October 1st in Santa Fe. No special background is required – just the heart and the will to be the difference.

We realize advocacy in the courtroom is not for everyone. You can still support CASA's work by joining CASAmigos. Volunteer opportunities include helping out in the office, planning or staffing special events, or helping us with fundraising efforts.

RSVP THE RETIRED AND SENIOR VOLUNTEER PROGRAM

RSVP/FGP/SCP Volunteers

Each active RSVP, FGP or SCP registered volunteer who has provided current information for our files is eligible for certain kinds of insurance. It is highly appropriate that the satisfaction and appreciation you experience as a volunteer be supported by the comfort of knowing you have some help in the event of an accident. This supplemental insurance covers:



Excess Accidental Medical- up to \$25,000 for medical treatment, hospitalization and licensed nursing care required as the result of a covered accident.

Personal Liability- up to \$1,000,000 per occurrence for personal injury or property damage liability claims arising out of the volunteer's duties.

Excess Automobile Liability- up to \$500,000 for bodily injury or property damage claims arising out of their volunteer duties in their own car.

This insurance is not a substitute for any insurance you may now carry, and only applies while you are performing your assignment as a volunteer in the program and while you are on your way between home and your volunteer site. This volunteer insurance does not duplicate benefits payable under Medicare or any other valid and collectible insurance coverage.

If you have any kind of an accident while you are volunteering and you think it might be covered by the volunteer insurance policy, you must notify the volunteer program office within 24 hours, or as soon as you are able. Even if you have not yet received a doctor's bill, please contact us so that we can help you fill out the accident report forms.

For more details about exclusions to the policy, see your Volunteer Handbook or call Kristin at 955-4760 or Melanie at 955-4761 to have a copy mailed to you.



The Volunteer Programs wish a very happy birthday to our RSVP, SCP and FGP volunteers born in the month of

September

Peggy Hemmendinger	9/1	Pita Archuleta	9/16
Russell P. Nystedt	9/1	Rita Kilkenny	9/17
Donald G. Sanders	9/1	David F. Roybal	9/17
Charles R. DeMuth	9/2	Frances Sonnenberg	9/17
Luis Hernandez	9/2	Nell Barnes	9/18
John A. Evans	9/4	Toni R. Gonzales	9/18
Claudia Robbins	9/4	Norma R. Green	9/18
Sharon Herzog	9/5	Susan A. Maslar	9/18
Neva F. Montoya	9/5	Celina "Sally" Roybal	9/18
Zoilo Montoya	9/5	Socorro Arroyo	9/19
Corrine Vargas	9/7	Dorothy Krall	9/19
Sandra Kendall	9/8	Annie L. Montoya	9/21
Carlota Valencia	9/8	Carlos Aguirre	9/22
Burwell Grant	9/9	Sue Land	9/22
Sally Rangel	9/9	Mary Grace Saiz	9/22
Leo Varela	9/9	Margie Douglas	9/23
Mary Frances Ferrero	9/10	Mary Quick-Jones	9/23
Emily D. Lujan	9/10	Gordon A. Schaffner	9/23
Roy Trujillo	9/10	Lourdes Ortega	9/24
Jake Martinez	9/11	Donald Dayton	9/25
Adelina Roybal	9/12	Edna Maestas	9/27
Eunice Hathaway	9/13	Alfonso De Herrera	9/28
Corinne C. Martinez	9/13	Stella Hernandez	9/28
Alfred Quintana	9/13	Irene R. Maestas	9/28
Roberta Van Welt	9/13	Grace G. Valdez	9/28
Jane Gabaldon	9/14	H. Chris Davis	9/29
Viola D. Lucero	9/14	Leonor R. Rodriguez	9/29
Janet Amtmann	9/15	Enrique M. Montoya	9/30
Antonio R. Lopez	9/15	Vincenta J. Trujillo	9/30

Have a Great Day!

ACTIVITIES



SEPTEMBER BIRTHDAY CELEBRATION

Celebrations for those with a birthday this month will be hosted by the Ventana de Vida Senior Center on Friday, September, 16 at 11:30 a.m. and by the Mary Esther Gonzales Senior Center on Friday, September, 23 at 11:30 a.m. Join us and enjoy music, balloons, desserts and punch!

Edgewood Artist of the Month

Gladys Pennington was raised on a 250 acre farm where she loved being close to nature and enjoyed painting. Gladys began to paint again after she was married and had children. She discovered an artist, Jun Chen, who inspired her when she took his portrait painting class. Other artists have taught her simplicity, movement, drama and oil painting. Now she is learning to paint in acrylics in Ivena Rutledge's class. Her favorite subjects are sunsets, water, and nature in general. The Edgewood Fine Arts Class meets on Thursdays. We welcome you to meet the artists and view the paintings Monday thru Friday, 10:00 a.m. to 4:00 p.m.

Pasatiempo Fiestecita

Join the fiesta celebration at the Pasatiempo Senior Center on Tuesday, September 6 from 11:00 a.m. to 12:30 p.m. Refreshments will be served.

Enjoy live Mariachi music provided by the Santa Fe Fiesta Council from 11:00 to 11:30 a.m.



Fiesta Dance

Tuesday, September 6
Mary Esther Gonzales Senior Center
1121 Alto Street
1:00 to 4:00 p.m.

Music by Los Coronados
Refreshments will be served.

Admission: \$2

Bring your Senior ID Card.

This dance is generously sponsored by
Lovelace Sandia Health Systems.

Expo New Mexico State Fair Day-Trips

Wednesday & Thursday,
September 14 & 15.

Located in the heart of the bustling city of Albuquerque, Expo New Mexico becomes its own little city for 17 days during the annual State Fair. Nowhere else will you find art, agriculture, animals, entertainment, food, carnival rides, exhibits and shopping in one place.

The State Fair is a celebration of New Mexico, a place to build memories and a once a year experience you won't want to miss. The big bus is limited to 36 seniors, so call 955-4721 to reserve your space today!

You must complete a trip registration form and pay \$8.00 by Friday September 9, which covers the transportation fee and gate admission. Bus departs at 8:30 a.m. and returns by 4:00 p.m. Wear comfortable shoes! Bring money for lunch and spending.



ACTIVITIES

Mobile Health Fair Van

Need healthcare? No problem. Free health assessments; Free health education; Free assistance with finding affordable healthcare in your community; Free assistance with Medicaid registration; Free assistance with your questions concerning eligibility for many payment options;



Se habla Español. Sponsored by Santa Fe County, St. Vincent Regional medical Center & Presbyterian Medical Services. The van will be at the following centers from 9:00 a.m. to 3:30 p.m.

Pasatiempo: Friday, September 9 from

MEG: Monday & Tuesday, September 12 & 13

With chair exercise class on Tuesday, the 13th from 12:30pm to 1:15p.m.

Luisa: Wednesday, September 14th from

With chair exercise class from 12:30p.m. to 1:15p.m.

Edgewood: Monday & Tuesday, September 19 & 20 from 10:00a.m. to 2:30p.m.



SAC Travel Committee Laughlin, NV Trip

October 25-28, 2005

Prices per person, which include round-trip bus fare and three nights at the Edgewater Hotel/ Casino:

Single Room \$145

Double Room \$115

Triple Room \$105

Oct. 25: Depart MEG Center at 7:00 a.m. arrive Laughlin at 5:30 p.m., Nevada time

Oct. 28: Depart Laughlin 7:30 a.m. Nevada time, arrive MEG Center 8:30 p.m.

To reserve your space or for information, call:

Virginia Lucero 983-8853 or

Tony Rivera at 455-7777 or

Mercy Moreno 986-1416

Congratulations winners of the 2005 8-Ball Tournament

On Friday, July 29, there was a great turn out for the tournament.

Thank you, Ramón Martínez for officiating and Tomasita's for being our annual sponsor.

1st Jerome Serna



2nd Steve Rodriguez



3rd Tony Padilla



4th Henry Rael



5th Ken Scott

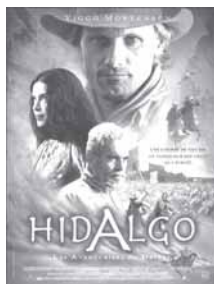


ACTIVITIES

Senior Center Movie Days

MEG Senior Center

Projected on a huge,
Theater-style
14' x 16' screen
Tuesday, September 13
12:45 p.m.

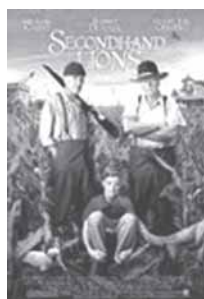


"Hidalgo" Starring Viggo Mortensen. Based on a true story, this movie is set in 1890. Pony Express courier (Mortensen) is a living legend along with his horse Hidalgo. Because of their legendary status, they have been offered a once-in-a-lifetime chance to compete in the most dangerous horse race ever known for treasures only dreamed of. His adventure takes him to Arabia where he finds his strength and shows the true heart & spirit of man (and horse).

Rated PG13. Action/Drama/Adventure.
Running time 2hrs 15 minutes.

Luisa Center

Wednesday, September 28th
1:00 p.m.



"Secondhand Lions" Starring Michael Caine and Robert Duvall. Thirteen year-old Walter is left at the home of his eccentric great-uncles, Hub & Garth (Caine and Duvall) by his troubled mom. Though reluctant to put up with him at first, Hub and Garth grow to accept Walter, and even tell him fantastic stories of their younger days. The uncles are rumored to have acquired a great fortune. When Walter's mother returns for him, he must take charge of his own life, and decide what he's going to do with it.

Rated PG13. Adventure/Comedy/Drama.
Running time 1 hour 49 minutes.

**COMING SOON
PASATIEMPO KITCHEN REMODEL
CENTER WILL BE CLOSED**

Luisa Senior Center Spotlight

The Luisa Senior Center is a great, active center with lots going on. They have activities all week long offering a little something for everyone, including singing, pool, movies, liquid embroidery, etc. (see listing for full schedule.)

Join us any weekday for breakfast and lunch. Toya is a great cook! Pictured here is the Monday sing-a-long and the Tuesday liquid embroidery.



ACTIVITIES

New line dancing class!

Join us on Fridays at 1:30 p.m. at MEG in the auxiliary dining room to learn line dancing for beginners & have lots of FUN! Thank you Delia Mendoza for volunteering to teach this class!



¡Viva la Fiesta!

Join us for lunch at the Mary Esther Gonzales Senior Center, and come see the Santa Fe Fiesta Council's 2005 Don Diego DeVargas & his Cuadria, and la Reina and her Princessas on Thursday, September 1, from 11:15 to 11:45.



Be kind

Friendly

nice

good mannered

Honest



Bingo Rules

Bingo is held at MEG, Edgewood, El Rancho, Luisa, Rio en Medio, Ventana de Vida and Villa Consuelo senior centers. Each center must follow the Bingo Rules that are available/posted at each senior center.

For a copy of the rules, or for more information, call Lupita at 955-4725.

Early Evening Bingo

The Bingo time is changing at Ventana de Vida Senior Center. Beginning September 12, Bingo will be Mondays from 3:30 to 5:30 p.m. Hope you join us! Free refreshments served.

Catch that Van!

Bingo sessions at each center must finish on-time so that van drivers can keep on schedule. Thank you, and enjoy!

Que Suave-KSWV AM 810

Listen each weekday morning at 6:50 a.m. to hear the daily lunch menu and special events at the senior centers.

Gracias, Que Suave!



Fall Prevention/Strength & Reflex Workshop

Friday, October 7, 1:00 p.m. to 4:00 p.m.

Falls happen to all of us at some time or another. Would you like to be prepared just in case?

This workshop will teach you how to make your home safer as well as demonstrate strength exercises you can do at home each day to make yourself stronger as well as improve your reflexes.

This is a FUN, and informative workshop! Space is limited so call 955-4721 to reserve your space today! Refreshments will be served.

Kitchen Creations

A free cooking workshop series for people living with special diet needs. Learn to prepare delicious foods the healthy way. The classes will be held at the Santa Cruz Senior Center each Tuesday in October: 4th, 11th, 18th and 25th from 12:30-4:30pm. Classes are designed to offer information on diabetes and will allow hands-on cooking experience. Kitchen Creations is brought to us by the Santa Fe County Extension Office.

Space is limited. Call Gloria at 955-4721 to reserve your space. Class is FREE!

For information, call Imelda Garcia at 471-4711.



ACTIVITIES

schedule by center

All activities are free of charge and open to eligible seniors with a senior center membership ID card.
Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.

	CHIMAYO		Re-Routed	PASATIEMPO	Re-Routed
Weaving Open Crafts Ceramics Shopping/Errands	Monday Tuesday Wednesday Thursday	12:30 pm 12:30 pm 12:30 pm 12:00 pm	<i>These Classes will be re-routed due to upcoming kitchen renovation at Pasatiempo.</i>		
			Guitar (beginner) Exercise Beg. Line Dancing Adv. Line Dancing Sewing Wood/Straw Tai Chi Sounds of the Past (English)	Mon. Ventana Mon./Wed./Fri. M.E.G Tue. M.E.G Tue. M.E.G Wed. Ventana Wed. M.E.G Thur. M.E.G Mon. Luisa	9:00 am 10:00 am 12:30 pm 1:00 pm 1:00 pm 9:30 am 9:00 am 11:30 am
Board Games Ping-Pong Ceramics (beg.) Exercise Bingo Ceramics Leatherwork Sing-A-Long Art Technique	EDGEWOOD Mon. thru Fri. Mon. thru Fri. Monday Tuesday Tuesday Tuesday Wednesday Thursday Thursday	10:00 am 12:30 pm 1:00 pm 10:00 am 12:30 pm 1:00 pm 1:00 pm 12:30 pm 1:00 pm		RIO EN MEDIO Tuesday Wednesday Wednesday Wednesday	10:00 am 10:00 am 10:00 am 12:30 pm
Bingo Ceramics Weaving Open Arts & Crafts Shopping/Errands	EL RANCHO Mon./Wed. Monday Wednesday Tues./Wed./Thur. Thursday	12:00 pm 12:00 pm 9:00 am 12:00 pm 12:00 pm	Art Liquid Embroidery Ceramics Bingo		
			Weaving Ceramics Open Crafts Exercise Wood/Straw Shopping/Errands	SANTA CRUZ Tuesday Monday Tues./Fri. Wednesday Tuesday Thursday	9am/12:30pm 12:30 pm 9:00 am 12:00 pm 12:30 pm 12:00 pm
Coffee Pool/Cards Liquid Embroidery *Sounds of the Past Sing-A-Long (Sp.) Guitar Lessons Quilting Walking Bingo Movie Day	LUISA Mon. thru Fri. Mon. thru Fri. Monday Mon. Tuesday Wednesday Thursday Friday Friday Last Wed. of Month	8:00 am 8:00 am 9:00 am 11:30 am 11:45 am 9:00 am 9:00 am 8:30 am 1:00 pm 1:00 pm		VENTANA DE VIDA Mon. thru Sat. Mon. thru Fri. Mon. and Fri. Monday Tuesday Friday Wed./Fri. Tuesdays	10:00 am 11:00 am 9:30 am 3:30 pm 1:15 pm 1:15 pm 8:30 am 6:30pm
Exercise Pool/Cards Hospice Crafts Horseshoes Bingo Movie Day Ceramics Clay Wood/Straw Quilting Spanish Sing-A-Long Line Dancing Knitting	M.E.G. Mon. thru Fri. Mon. thru Fri. Monday Monday Mon./Wed. TBA 2nd Tuesday Wed./Fri. Friday Thursday Thursday Friday Friday Friday	7:30 am 8:00 am 1:00 pm 10:00 am 1:00 pm 12:45 pm 9:30 am 9:30 am 9:30 am 1:30 pm 11:30 am 1:30 pm 2:30 pm		VILLA CONSUELO Mon. thru Fri. Mon./Wed. Mon./Wed./Fri. Mon./Wed. Tues./Thur. Wednesday Friday	8:00 am 9:30 am 9:00 am 9:30 am 11:00 am 1:00 pm 10:00 am

Classes are subject to change or cancellation. For more information, please call 955-4725.

ACTIVITIES

schedule by class

All activities are free of charge and open to eligible seniors with a senior center membership ID card.
Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.

ART CLASS

Edgewood	1:00 pm	Thursday
Ventana de Vida	1:15 pm	Tuesday
Rio en Medio	10:00 am	Tuesday

BINGO

El Rancho	12:00 pm	Mon./Wed.
Luisa	1:00 pm	Friday
M.E.G.	1:00 pm	Mon./Wed.
Rio en Medio	12:30 pm	Wednesday
Ventana de Vida	3:30 pm	Monday
Villa Consuelo	11:00 am	Tue./Thur.
Edgewood	12:30 pm	Tuesday

BOARD GAMES

Edgewood	10:00 am	Mon. thru Fri.
Ventana de Vida	10:00 am	Mon. thru Sat.

CERAMICS

Chimayo	12:30 pm	Wednesday
Edgewood (Beginner)	1:00 pm	Monday
Edgewood	1:00 pm	Tuesday
El Rancho	12:00 pm	Monday
Rio en Medio	10:00 am	Wednesday
Santa Cruz	12:30 pm	Monday
Villa Consuelo	9:30 am	Mon./Wed.
M.E.G.	9:30 am	Wed./Fri.

CLAY

Villa Consuelo	9:30 am	Mon./Wed.
M.E.G.	9:30 am	Friday

COFFEE

Luisa	8:00 am	Mon. thru Fri.
Pasatiempo	8:00 am	Mon. thru Fri.
Ventana de Vida	11:00 am	Mon. thru Fri.
Villa Consuelo	8:00 am	Mon. thru Fri.

CROCHET/EMBROIDERY/KNITTING

Luisa (Liquid)	9:00 am	Monday
Rio en Medio (Liquid)	10:00 am	Wednesday
M.E.G. (Knitting)	2:30 pm	Friday

SENIOR DISCUSSION GROUP

Ventana de Vida	9:30 am	Mon./Fri.
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EXERCISE

Edgewood	10:00 am	Tuesday
Luisa (Walking)	8:30 am	Friday
M.E.G. (Open)	7:30am-4:30pm	Mon. thru Fri.
*M.E.G. (Class)	10:00 am	Mon./Wed./Fri.
Santa Cruz	12:00 pm	Wednesday
Ventana de Vida (Class)	8:30am	Wed./Fri.
Villa Consuelo	10:00 am	Friday

GUITAR (Beginner)

*Ventana de Vida	9:00 am	Monday
Luisa	9:00 am	Wednesday

HORSESHOES

M.E.G.	10:00 am	Monday
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LINE DANCING

*M.E.G. (Beg.)	12:30 pm	Tuesday
*M.E.G. (Adv.)	1:00 pm	Tuesday

LEATHERWORK

Edgewood	1:00 pm	Wednesday
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MOVIE DAY

Luisa	1:00 pm	Last Wed.
M.E.G.	12:45 pm	2nd. Tues.

OPEN ARTS & CRAFTS

Chimayo	12:30 pm	Tuesday
El Rancho	12:00 pm	Tues./Wed./Thur.
Santa Cruz	9:00 am	Tues./Fri.
Villa Consuelo	9:00 am	Mon./Wed./Fri.
Ventana de Vida	1:15 pm	Friday
M.E.G. (Hospice)	1:00 pm	Monday

PING PONG

Edgewood	12:30 pm	Mon. thru Fri.
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POOL/CARDS

Luisa	8:00 am	Mon. thru Fri.
M.E.G.	8:00 am	Mon. thru Fri.

QUILTING/SEWING

Luisa	9:00 am	Thursday
*Ventana de Vida	1:00 pm	Wednesday
M.E.G.	1:30 pm	Thursday

SING-A-LONG

Edgewood	12:30 pm	Thursday
Luisa	11:45 am	Tuesday
*Luisa (English)	11:30 am	Mon.
M.E.G. (Spanish)	11:30 am	Wed./Fri.

TAI CHI

*M.E.G.	9:00 am	Thursday
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WEAVING

El Rancho	9:00 am	Wednesday
Santa Cruz	9am/12:30pm	Tuesday
Chimayo	12:30 pm	Monday

WOOD/STRAW APPLIQUE

M.E.G.	9:30 am	Thursday
*M.E.G.	9:30 am	Wednesday
Santa Cruz	12:30 pm	Tuesday
Villa Consuelo	1:00 pm	Wednesday

TOASTMASTERS

Ventana de Vida	6:30pm	Tuesday
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*These classes will be re-routed due to upcoming kitchen renovation at Pasatiempo.

New Mexico State Games for 2005 came and went in Albuquerque in the blink of an eye. Athletes from all over New Mexico converged in the Duke City from August 2 to 7. Ninety Senior Olympians from Santa Fe registered to compete in the State Games.

I congratulate all Santa Fe Senior Olympians who participated and placed at the State Games. Well done, you all! Next month's article will most assuredly be devoted to you, as the final results have not yet been tallied or received. We certainly want to recognize and honor our athletes who represented us so admirably.

One of our Senior Olympians, Johnny Roybal, was honored as the Spirit Athlete from Santa Fe County. Johnny and his beautiful wife, Olivia, attended the Senior Olympic banquet on August 6, as guests of the New Mexico Senior Olympics.

Johnny, devoted husband and father, has been an active participant of the Santa Fe Senior Olympics since 1993. This year, he was the local event manager for the bowling, horseshoes, and cycling events. He has been one of our representatives at the State Games and Nationals.

Johnny looked quite debonair, escorted down the aisle by an ROTC cadet to receive well-earned recognition for the services and accomplishments he has provided and amassed while being involved with the Santa Fe Senior Olympics. Congratulations, Johnny!

Con todo cariño,
Carmen



Johnny & Olivia Roybal
at the Spirit Banquet



Claudia Montoya
at the Spirit Banquet



Johnny Roybal
Santa Fe Spirit Athlete



Delia, Orlando & Guest at Spirit Banquet



Santa Fe Olympians at Spirit Banquet



Angie's Angels 1st Place Bowling



Bill Caperton &
Connie Medina
Ballroom Waltz



Carlos Aguire & Gilbert Griego
Talent Show



El Grupo Ladies Singing in Dorm Lobby



Bowling Winners



Lupita Martinez
Giving Strength Exercise Demo
at Expo Hall



Flora Leyba- Reading Event



Ernest Griego- 8 Ball Pool



El Grupo performing in the Lobby



Santa Fe Olympians at
Opening Ceremony



Carolyn Robinson
Opening Ceremony



Gilbert Alarid & Manuel Martinez
Doubles Bowling Winners

HEALTH

BLOOD PRESSURES, BLOOD SUGAR AND OXYGEN LEVEL TESTS

All tests are free of charge and open to anyone age 60 or over. Following the tests is a brief, free medical consultation, based on test results.

Tests this month will be conducted on the following dates:

M.E.G. Center - First and Second Tues. Tests conducted by Joanne M. Valdez, RN, BSN	Sept. 6, 13	11:00 a.m. to 12:00 noon
Luisa Center - First Thurs. Tests conducted by Joanne M. Valdez, RN, BSN	Sept. 1	11:00 a.m. to 12:00 noon
Villa Consuelo Center - Second Thurs. Tests conducted by Joanne M. Valdez, RN, BSN	Sept. 8	10:00 a.m. to 11:00 a.m.
Pasatiempo Center - Third Tues. Tests conducted by Joanne M. Valdez, RN, BSN	Sept. 20	11:00 a.m. to 12:00 noon
Ventana de Vida Center - Third Thurs. Tests conducted by Joanne M. Valdez, RN, BSN	Sept. 15	11:00 a.m. to 12:00 noon
Edgewood Center - Every Thurs. Tests conducted by Valerie Dorcy, RN	Sept. 1, 8, 15, 22, 29	1:00 p.m. to 3:00 p.m.
El Rancho Center - Second Tues. Tests conducted by Lynn Berger, RN	Sept. 13	10:00 a.m. to 12:00 noon
Santa Cruz Center - Third Wed. Tests conducted by Frances Vigil, RN	Sept. 21	11:00 a.m. to 1:00 p.m.

Rx-America Group, Inc.

Rx-America Group, Inc. is a non-profit organization that will help locate prescription medication that is discounted from 30-90%. This **FREE** service is currently offered to help lower prescription medication costs. Persons that qualify:

- Seniors (who do not have medical and/or prescription insurance)
- Persons without medical insurance
- Persons with limited coverage insurance or have exceeded maximum allowable co-payment on your insurance
- Medicare recipients
- Medicaid recipients

Through internet service, ***Rx-America Group, Inc.*** will research, locate and obtain your prescription medication from certified pharmaceutical companies throughout Canada and other countries.

This service is for location of discounted doctor prescribed medication only and is not for diagnosing or treating your health care problems or disease, or to prescribe medication.

To schedule an appointment with the Rx-America Director, Andres Romero, call Gloria at Senior Services at 955-4721.

HEALTH continued

Doctors at your Beck and Call

(From *Arthritis Today*
March/April 2005)

Imagine calling your doctor's office any time of day and always having a person pick up on the other end. As an added bonus, you get an appointment that same day. When you arrive, you have the doctor's undivided attention for a full half hour.



What's a dream for most patients is becoming a reality for a few, thanks to a new trend "boutique practices", or "concierge care" which provides more personalized services. Doctors wanting to reconnect with patients are ditching the restrictions of conventional medical practices in favor of these services. Such personalized care can seem unrealistic in today's typical medical practices where malpractice insurance premiums, piles of insurance paperwork and overhead costs all rising rapidly keep doctors running in and out of exam rooms at top speed just to stay afloat.

Boutique practices are popping up in the metro markets, and provide patients with closer relationships with doctors. But these practices are like country clubs and membership comes at a price. Every practice is different, but some offices charge annual fees of \$1,500. That gets the patient personalized services mentioned above plus a full physical each year. Everything else is paid for in full and out of pocket.

If you're pushing 50, that's exercise enough.

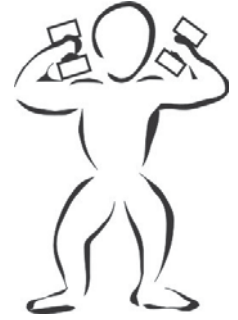
(From *Old Age is Not for Sissies*)



Strong Muscles

(From *Healthy Aging*
Winter 2005)

Strength training means lifting free weights such as dumbbells, working out on weight machines, or working against other types of resistance (e.g., elastic bands). Strength training can't turn fat into muscle, but it can burn calories and help you shed body fat. A 30 minute workout burns about 200 calories. Strength training builds muscles, burns more calories than fat, and helps increase bone density. It should be used in addition to aerobic exercise (e.g., walking, swimming, running). Just two or three 15 to 20 minute strength training sessions a week can give you benefits. Strong muscles not only improve athletic performance, but quality of life in general. Whether you're carrying a child or a bag of groceries, strong muscles make it just that much easier and help prevent injury. It's never too late to start. Studies have shown that even 90 year olds can improve their quality of life with strength training.



Workout Tips

- Before you begin any new exercise, consult your health care professional about exercise for you, and consult an exercise specialist on safe technique.
- Start slowly with light weights. Gradually increase repetitions as well as weight.
- One set consists of 8 to 15 repetitions. Doing one set is good, but you'll get more benefit if you work up to two or three sets. Rest for a minute in between.
- Work slowly and smoothly especially as you lower the weights.
- Exhale while you lift and inhale as you lower the weights.
- Be sure you work your muscles, but don't overdo it.
- If you feel breathless or exhausted, stop. Mild discomfort or awareness that you're exerting yourself is okay.

HEALTH continued

It's Never Too Late to Overcome Shyness

(From *Tomorrow's News* June 2003)

Shy people come in all sizes and shapes, rich and poor, old and young, male and female. But just about all have one thing in common: They often wish they weren't shy. You can't change who you are. But you can learn to feel more comfortable in social situations and to quiet the butterflies that leave you tongued-tied when it's time to speak.

Why Shy? Although its exact cause isn't known, shyness no doubt mingles nature and nurturing, temperament and life experience. Some people are shy most of the time; others feel at ease only in certain situations. For many it's a personality trait they've had since childhood, but it can surface any time even late in life.

- Shy people like, need and seek contact with others. But they're afraid of being judged. They feel socially inept, anxious and sure they'll be rejected. The standoff between approach and avoidance makes it hard to initiate a conversation, even to think clearly.
- People don't just rush into new situations. We hold back at first, listening to our instincts and determining how to behave. Shy people need extra time for the process because they're slow to warm up.
- We feel at ease in familiar environments (at home, at our own desk at work, at a favorite table in a restaurant) and among people who understand and appreciate us. For shy people, the comfort zone is small.
- Everyone is subject to stress reactions like fast pulse, perspiration, stuttering, racing thoughts and the body's response to danger. Shy people find them a major cause of discomfort and difficulty in social situations. Shy people also think differently. They regard every conversation as an evaluation, think all eyes are on them and attribute unsatisfactory social interactions to their own missteps.
- Being successfully shy means taking control of these factors tipping the balance from avoidance to approach using your warm up period effectively, extending your comfort zone, dealing effectively with your shy mind and body.

- Keep a "shy life journal," in which you record just how you feel, what thoughts you have how you behave in situations where you're shy. Analyze your difficulties and develop concrete strategies to overcome them. Example: You find conversations awkward. Write down what makes them difficult, such as, "I feel I have nothing interesting to say." Solution: Read more newspapers and magazines, and have topics ready for the next occasion.

How Hospice Should Be

(From *Prime Time* July 2005)

When a family comes face to face with life-limiting illness, it can be difficult to know where to turn. There are questions about how to care for the loved one and fears about what to expect and how to cope. That's when many people turn to hospice.



Hospice provides comprehensive medical care and pain management, as well as emotional and spiritual support to the patient and family. This care is provided by a team of physicians, nurses, certified nursing assistants, social workers, chaplains and volunteers who work together to address the patient's individual needs. Most hospice care is provided in the comfort of the patient's own home or other residence of choice.

The Medicare Hospice Benefit is available to all patients with Medicare Part A and a life expectancy of six months or less. This means all hospice care is 100 percent covered, with no further payments and no out of pocket costs. Hospice is covered by Medicaid and most commercial insurance plans with few, if any, out of pocket costs. Hospice even covers medications, medical equipment and supplies related to the terminal illness, that often strain the financial resources of family caring for a loved one at home.

SAFETY

Street Smarts for seniors

(From *A Senior Guide to Crime Prevention*)

Being alert, confident, and aware of your surroundings are your best defenses against crime. Refer to the following checklist for helpful safety tips:



Checklist for safe travel

- Use the safest and most direct route.
- Travel in the daytime and with one or more people whenever you can.
- Avoid wearing valuable jewelry that might tempt a thief.
- Carry only the money or credit cards you will need.
- If someone drives you home, ask them to wait until you are safely inside.

Checklist for safety while out walking

- Be alert to everything around you and walk confidently
- Face traffic so you can see oncoming cars.
- Avoid dark, lonely areas (such as empty lots, alleys, or construction sites).
- If you need to ask directions, go into a store or public building.
- If someone looks suspicious, head in the opposite direction or cross the street and walk quickly away.
- Carry a loud whistle, shriek alarm, or pepper spray in your hand. That way, you will have it ready in an emergency.

Checklist for using buses and trains

- Wait at busy, well-lit stops and/or by the ticket counter.
- Never enter an empty train car. Go to one with people in it.
- Sit in a seat as close to the driver as you can.
- If someone starts bothering you, scream.
- Watch who gets off with you at your stop. If you feel uneasy, walk directly to a place where there are other people.

Checklist for Safety in a Broken Down Vehicle

- Put on the emergency flashers.
- Stay inside your locked car, if it is safe to do so.
- Raise the hood or hang a white cloth on the door handle or outside mirror as a sign you need help.
- If another driver offers help, open the window slightly to talk to him or her. Have the person phone for help.
- Don't let anyone in your car, and only accept a ride from the police or local highway patrol.

Consider buying a cell phone for emergencies.

Anti-Lock Braking System

(From *AARP Hartford Automobile Insurance*)



In a sudden stop, the anti-lock braking system (ABS) automatically pumps the brakes many times a second. Electronic sensors and a computer determine wheel speed and automatically adjust the wheel's responses to avoid dangerous locking and skidding.

- The ABS works any time you hit the brake pedal hard. Maintain steady pressure on the pedal to keep the system working. There is no need to pump the brakes- the system does it for you, allowing you to concentrate on steering to safety.
- When the brake system is in the ABS mode, vibration or pulsing of the brake pedal is normal.
- Stopping distances are generally reduced with ABS. However, as with any car, it still takes longer to stop on wet or icy pavement.
- Have your dealer explain or demonstrate ABS to you.
- Shop for a car equipped with ABS on all four wheels to prevent wheel lockup.
- If you purchase a car with ABS, you may qualify for an insurance discount.

PUZZLES

ACROSS

1. Steeped beverage
4. Snack served with 1-Across
9. Actress Gabor
12. Cereal grain
13. A Great Lake
14. Scientist's workshop
15. Get ready
17. Bagpipe sound
19. Summer thirst-quencher
20. Open-handed blow
21. Sudden burst of light
24. Most profound
27. Go by horse
28. It is "always greener on the other side"
29. In the direction of
30. Also
31. Remains in line
32. "Swing —, Sweet Chariot"
33. Yours truly
34. Designates (a movie) as PG-13
35. Window section
36. Motors
38. Authority
39. Partners to reels
40. Sticky stuff
41. Georgia or Maine
43. Talking birds
47. Egg layer
48. Salary increase
50. Whale blubber
51. Finale
52. Puts one foot forward
53. Cook in oil

DOWN

1. Spinning toy
2. Lobe locale
3. Consumed food
4. Lamp's light-cover
5. Heal
6. Mine find
7. Word of refusal
8. Eternal
9. Run off to wed
10. Moving truck
11. Nickname for Lincoln
16. Remove the peel from
18. Knocks sharply
20. Does an usher's job
21. Picture holder
22. Flaxen fabric
23. Do sums
24. Wipes with a towel
25. Large pebble
26. The Eiffel —
28. Fence doors
31. Roams aimlessly
32. Attorney's field
34. Civil disturbance
35. Impoverished
37. Adjective for some pianos
38. Skin openings
40. Inhale suddenly
41. Female pronoun
42. Five times two
43. Crusted dessert
44. Light-switch position
45. Black goo
46. Pigpen
49. @

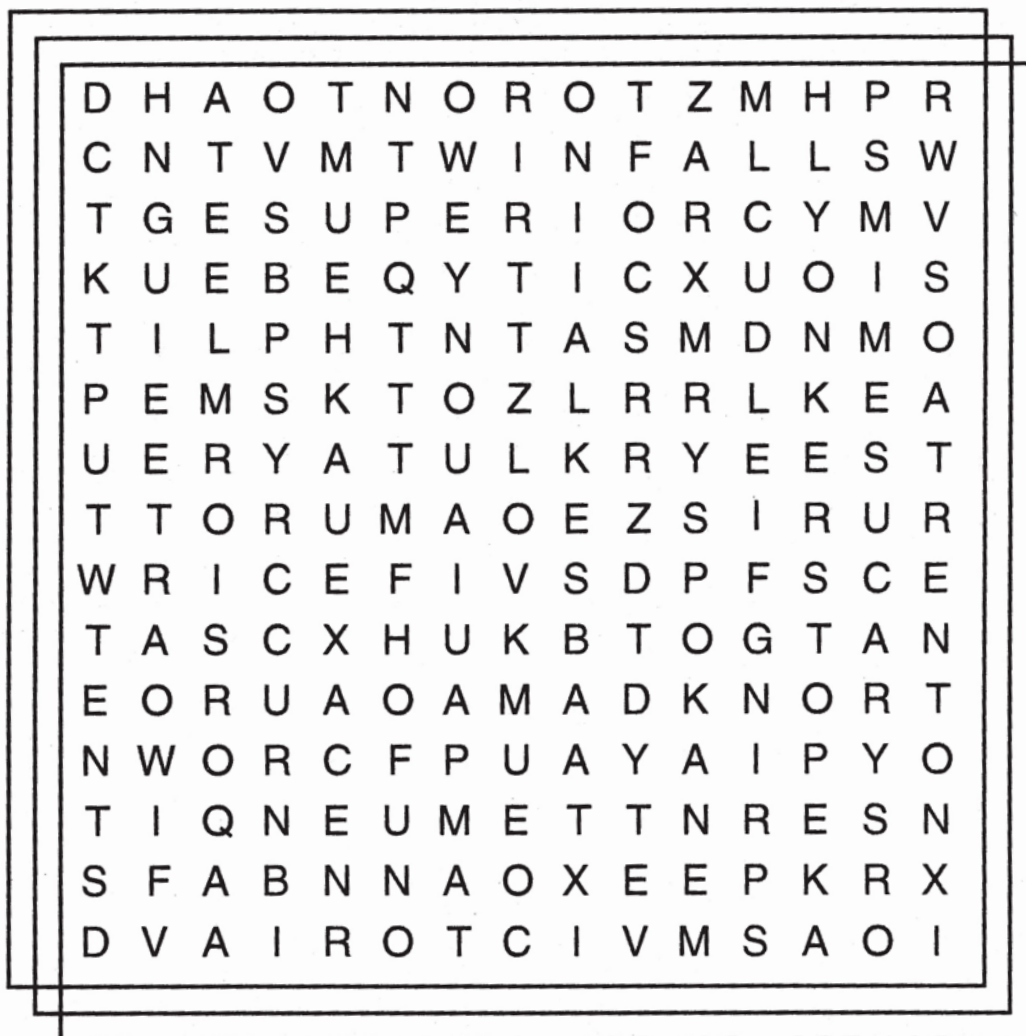
CROSSWORD 7

Solution is on
page 136

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PUZZLES continued

CITIES



W-0150

SIOUX CITY
 SIOUX FALLS
 SOUTH BEND
 SPOKANE
 SPRINGFIELD
 SUPERIOR
 SYRACUSE

TACOMA
 TAMPA
 TEMPE
 TERRE HAUTE
 TOLEDO
 TOPEKA

TORONTO
 TRENTON
 TROY
 TUCSON
 TULSA
 TWIN FALLS

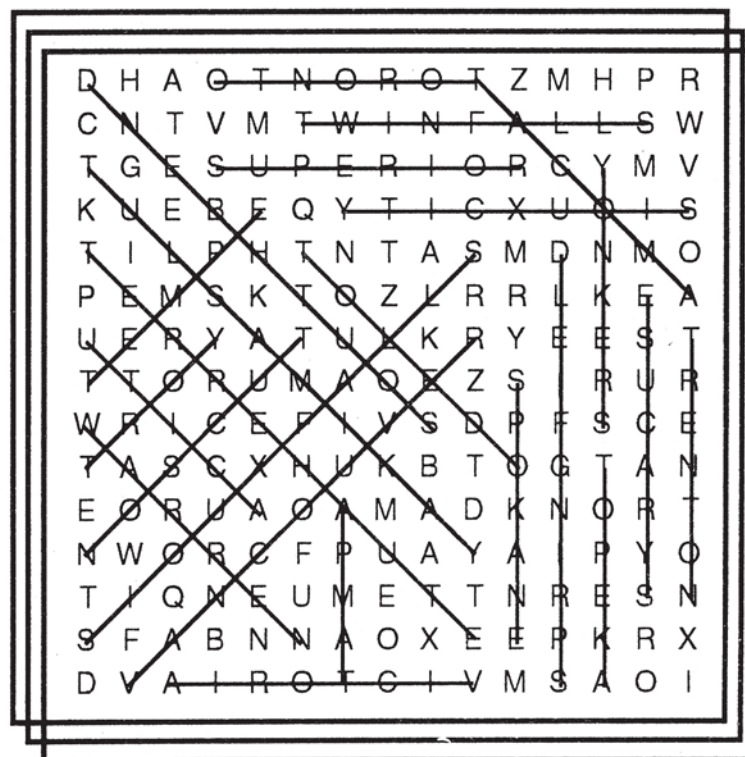
UTICA
 VANCOUVER
 VICTORIA
 WARREN
 YAKIMA
 YONKERS

PUZZLE answers

CROSSWORD 7

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puzzle 50



SENIOR CENTER LUNCH MENU

SEPTEMBER 2005

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 GREEN CHILE BEEF ENCHILADAS PINTO BEANS SPANISH RICE ICE CREAM TORTILLA MILK	2 BEEF TIPS OVER RICE CALIF. VEGGIES PINEAPPLE BITS ROLL MILK
5 ALL CENTERS CLOSED IN OBSERVANCE OF LABOR DAY NO M.O.W.	6 HAM HONEY GLAZE YAMS ASPARAGUS PUDDING ROLL MILK	7 SALISBURY STEAK MASHED POTATOES BROCCOLI BROWNIE ROLL MILK	8 MEAT LOAF WITH GRAVY RICE MEXI CORN JELLO ROLL MILK	9 ALL CENTERS CLOSED IN OBSERVANCE OF FIESTAS MEALS ON WHEELS ONLY
12 HOT DOG CHEESE/ONIONS FRENCH FRIES CUCUMBER SALAD APPLE MILK	13 FRITO PIE CORN COLE SLAW MIXED FRUIT CRACKERS MILK	14 BBQ CHICKEN RICE PILAF BRUSSELS SPROUTS 1/2 GRAPEFRUIT BISCUIT MILK	15 PORK CHOPS BROWN GRAVY MASHED POTATOES PEAS PEARS ROLL MILK	16 ROAST BEEF GRAVY 1/2 BAKED POTATO CHEESY BROCCOLI STRAWBERRY SHORTCAKE ROLL MILK
19 CHICKEN STIR FRY PEPPERS-ONIONS FRIED RICE ORIENTAL VEGGIES VEGETARIAN EGG ROLL ORANGE MILK	20 PORK ROAST MASHED POTATOES PEAS & CARROTS JELLO ROLL MILK	21 BEEF STROGANOFF OVER RICE BROCCOLI APPLESAUCE ROLL MILK	22 SPAGHETTI WITH MEAT SAUCE GREEN BEANS APRICOTS GARLIC TOAST MILK	23 TURKEY WITH GRAVY STUFFING CARROTS PUMPKIN PIE ROLL MILK
26 POLISH SAUSAGE SAUERKRAUT BOILED POTATOES SHERBET BUN MILK	27 GREEN CHILE CHEESE BURGER BURGER SALAD FRENCH FRIES FRESH FRUIT BUN MILK	28 CHICKEN TENDERS MASHED POTATOES GRAVY PEAS & CARROTS PLUMS ROLL MILK	29 COOKS' CHOICE	30 BEEF STEW CARROT RAISIN SALAD MIXED VEGGIES PEACHES CORNBREAD MILK

Please note: Senior Meal Suggested Donations: Breakfast \$1, Lunch \$1.50
 Non-Senior (under 60) Meal Fees: Breakfast \$3, Lunch \$4.25